

## Grilled Mahi Mahi with Corn Salsa

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 10 minutes

Serves: 4

**CChints:** Mahi Mahi was originally called dolphin. But not the dolphins we see in the movies. This fish is popular because of pairs well with fruits and spicy sauces and can be grilled, broiled, fried or baked. A 4.5 ounce serving has 139 calories and 1.2 grams of fat. When purchasing fish, you want to use it the same day or keep it wrapped tightly and put on a bed of ice cubes in the refrigerator and use the next day.



4 servings of Mahi Mahi, filets  
2 teaspoon olive oil + 2 teaspoons more for grilling or use a cooking spray  
1 teaspoon salt, divided  
1 teaspoon Herb de Provence  
2 glove minced garlic, fresh or from a jar, divided  
1 cup frozen corn, thawed  
Half of a red bell pepper, diced  
1 diced tomato  
1 cup pineapple chunks, fresh or canned in it's own juice  
3 green onions, green parts only, divided 2 for salsa and 1 for garnish  
Zest of 1 lemon  
Juice from 1 lemon  
2 Tablespoon fresh basil

Heat your grill to medium heat. Mahi is a somewhat firm fish that can be grilled if you are a careful to not allow it to break apart and fall through the grates on grill. To prevent this from happening, we suggest cooking your fish on a special pan made for delicate items like fish or vegetables or use our favorite, an old fashion cast iron griddle. Let the griddle warm up inside the grill so it gets just a hot. While you are waiting on the grill, start to prepare the fish.

Rinse and pat dry each Mahi portion and lay them on a plate. Rub both sides with 2 teaspoons of olive oil. Sprinkle one side of each piece with 1/2 teaspoon salt and 1 of the minced garlic gloves. Crush the Herb de Provence between your fingers and sprinkle over the fish. The crushing action of the herbs will start to release the flavors. Let the fish sit a room until the grill is ready. When the grill is hot and you are using the griddle add 2 teaspoons of oil to the grille. Put the fish in the pan, herb side down. Cook each side for 3 minutes or until the fish starts to flake. Be careful not to move the fish in the first 3 minutes. This will allow the fish to sear and you will get a nice browning affect. During this time start the salsa.

Prepare the salsa by heating a nonstick skillet over medium heat. Add 1 teaspoon of olive oil to the pan and when it is hot, add the corn and red bell pepper and a dash of salt. Stir occasionally for 3 minutes and add the tomatoes, pineapple, green onions and 1 glove of garlic. Stir often for 2 more minutes. Use a microplane to zest the lemon over the skillet. Then cut the lemon in half and squeeze the juice into a small bowl so the seeds don't end up in the skillet. Pour the juice in the pan and stir for 1 minute. Remove it from the heat and stir in the basil.

The fish should be done and can be tented with foil if you need a little more time to finish the salsa. Put one piece of fish on a plate and top with the salsa.